

# OCCUPATIONAL HEALTH AND WELLNESS

## IT'S YOUR HEALTH, OWN IT!!

### VISIT A HEALTH FAIR

CHECK OUT OUR HEALTH FAIR SCHEDULE ONLINE. AT EACH HEALTH FAIR, WE PROVIDE SCREENINGS FOR BLOOD PRESSURE, WEIGHT, AND BODY COMPOSITION. WE ALSO OFFER A VARIETY OF HEALTH EDUCATION MATERIALS AND THE OPPORTUNITY TO ASK QUESTIONS OR SCHEDULE INDIVIDUAL HEALTH AND WELLNESS APPOINTMENTS.



### SCHEDULE A PRESENTATION

INVITE US TO YOUR NEXT SAFETY OR WORK GROUP MEETING TO PRESENT ONE OF OUR HEALTH AND WELLNESS TOPICS. [VISIT OUR WEBSITE FOR A LIST OF TOPICS](#), OR YOU MAY REQUEST A SPECIAL TOPIC. PRESENTATION TIMES VARY BY REQUEST.



### HANFORD WORKFIT LEADER TRAINING

TRAINING FOR WORKFIT PEER LEADERS IS PROVIDED AT HAMMER MONTHLY. CONTACT US IF INTERESTED. RSVPs ARE REQUIRED.



### WORK CONDITIONING



WORK CONDITIONING IMPROVES THE HEALTH AND SAFETY OF THE WORKER AND REDUCES THE RISK OF RE-INJURY. WE CAN HELP IMPROVE CARDIOPULMONARY CONDITIONING AND MOST MUSCULOSKELETAL CONDITIONS INCLUDING BACK, SHOULDER, AND KNEE PAIN.

### WELLSUITE® PORTAL

LOG INTO THE [WELLSUITE® PORTAL](#) ON OUR WEBSITE TO COMPLETE YOUR ANNUAL PERSONAL WELLNESS PROFILE. THROUGHOUT THE YEAR, WE WILL FEATURE HEALTH CHALLENGES USING WELLSUITE®.

## GIVE US A CALL! WE'RE HERE TO HELP!

KELLY HARNISH,  
MPH, MCHES, TTS



VERONICA WHITISH,  
MIT, CEP, CHWC



LAURA CARPINO,  
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JENI ASMUS,  
MS, CEP, CES



JILL HARVILL,  
MS, LAT, CEP



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### ERGONOMIC EVALUATIONS

BY REQUEST, WE PROVIDE OFFICE AND FIELD ERGONOMIC EVALUATIONS TO ASSESS COMPUTER WORKSTATIONS, POSTURES, PROCESSES, AND TOOLS.



### HOST A 5-WEEK EDUCATIONAL SERIES

OUR 5-WEEK CLASSES CAN BE ARRANGED AT YOUR WORKSITE. WE OFFER 30 OR 60 MINUTE CLASSES (ONE DAY PER WEEK FOR FIVE WEEKS).

- FITNESS
- HEALTHY HEART
- NUTRITION

ADDITIONAL EDUCATIONAL CLASSES ON OTHER TOPICS MAY BE DEVELOPED BY REQUEST.



### BACK HEALTH & SAFETY WORKSHOP

THIS 2-HOUR WORKSHOP FOCUSES ON COMMON BACK INJURIES, SIGNS AND SYMPTOMS, PROPER POSTURE, BIOMECHANICS, ERGONOMICS, AND SAFE LIFTING AND CARRYING TECHNIQUES.



### INDIVIDUAL HEALTH COACHING

WE CAN HELP YOU REACH YOUR HEALTH AND FITNESS GOALS! WHETHER YOU ARE LOOKING TO LOSE WEIGHT, GET STARTED WITH AN EXERCISE PROGRAM, OR MANAGE DIABETES, BLOOD PRESSURE, CHOLESTEROL, OR OTHER CHRONIC CONDITIONS, OUR TRAINED HEALTH COACHES ARE HERE TO HELP!

### SAFETY MEETING TOOLKITS

NEED TO PRESENT A SAFETY OR HEALTH TOPIC AT YOUR NEXT MEETING? LET US DO THE WORK! VISIT OUR SAFETY MEETING TOOLKITS PAGE ON OUR WEBSITE FOR PRESENTATIONS AND HANDOUTS ON A VARIOUS TOPICS THAT YOU CAN SHARE WITH YOUR GROUP.



### TOBACCO CESSATION

WE OFFER A 10-WEEK CLASS TWICE PER YEAR, OR CAN MEET ONE-ON-ONE AT ANY TIME TO ADDRESS TOBACCO DEPENDENCE. GUIDANCE ON APPROPRIATE NICOTINE REPLACEMENT THERAPY IS PROVIDED THROUGHOUT THE PROGRAM.

### WEIGHT LOSS CONVOY

THIS YEAR-LONG PROGRAM IS DESIGNED FOR HANFORD EMPLOYEES WITH 50 OR MORE POUNDS TO LOSE TO REACH A HEALTHY WEIGHT. A NEW CLASS BEGINS EVERY JANUARY.



### BECOME A HEALTH CHAMPION

WOULD YOU LIKE TO RECEIVE OUR E-MAIL ANNOUNCEMENTS AND HELP US SPREAD THE WORD OF UPCOMING CLASSES, EVENTS AND PUBLICATIONS? REQUEST TO BE ON OUR DISTRIBUTION LIST BY E-MAILING US AT [OMCHEW@RL.GOV](mailto:OMCHEW@RL.GOV).

